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# Why the youth must rethink how they use AI

**ZABIN TAZRIN NASHITA**

*Zabin Tazrin Nashita is a sub-editor at Campus, Rising Stars, and Star Youth.*

I distinctly remember attending a class lecture in November 2022, when ChatGPT was first released to the public, where my instructor expressed his unease about the artificial intelligence (AI) tool and what it meant for learning and teaching. It was a justifiable worry, as within the brief period for which AI has been accessible to the masses, it has made a significant impact across all sectors, giving way to both uses and misuses of the powerful tool.

In fact, AI has been integrated into our lives not only on an individual level, but it has also singlehandedly reshaped the nature of many jobs, permeated across many industries, and significantly impacted education. In a more contentious turn of events, AI has even found its way into art, literature, and in more intimate capacities as a friend or conversation partner for people.

This phenomenon has brought on a whole assortment of apprehensions, specifically for the younger generations. One rather hyperbolic statement we often hear is that artificial
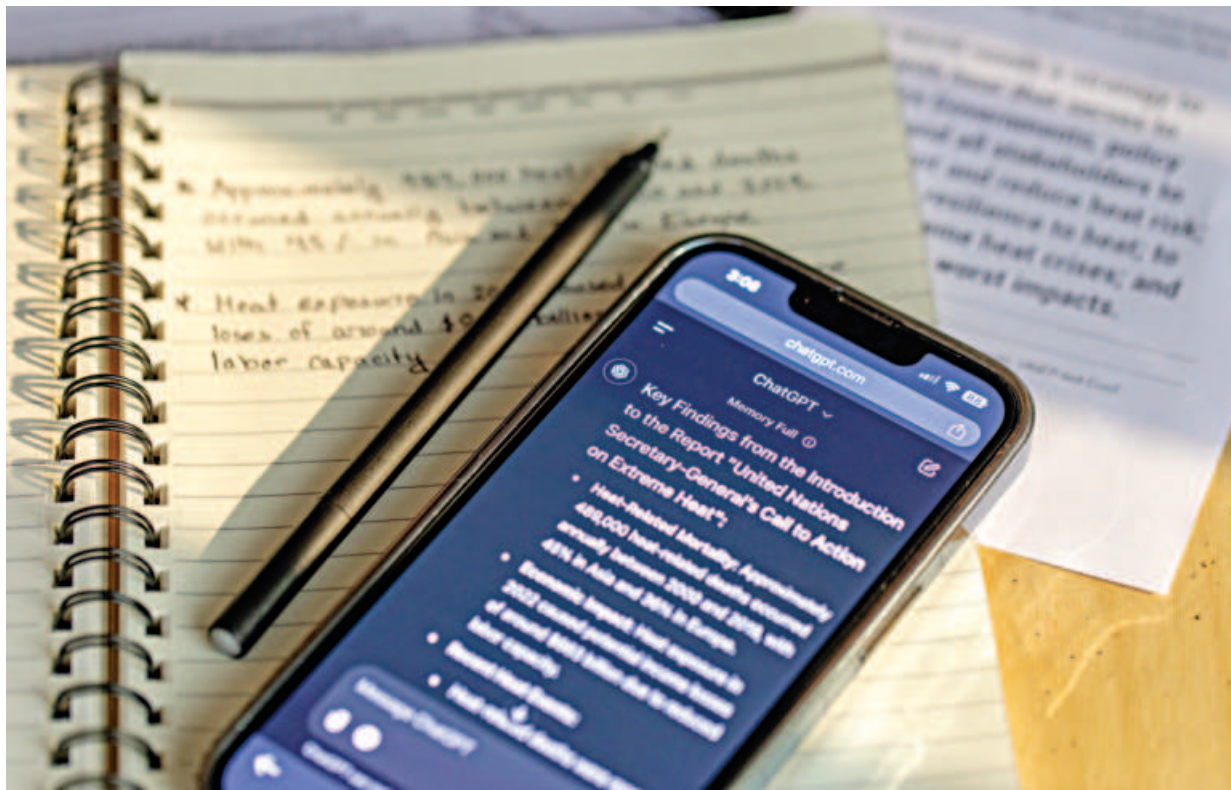


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**SUMMARY**

1. AI has rapidly reshaped education, work, and personal life, raising serious concerns.

2. Younger generations face greater risks of job loss, skill decline, and overreliance on AI.

3. AI can assist learning and work but cannot replace human judgement or creativity.

4. Ethical issues like misuse, environmental harm, and copyright violations persist.

5. AI should support learning, not replace effort or critical thinking.

intelligence will soon replace people in the workforce and may soon be the driving force behind our world. With so many employable young people who haven't cemented their foothold in the workforce and a great number of students preparing to battle similar situations, this is a major concern. These concerns affect the younger generations exponentially more than any other demographic, which is why the extent of AI usage among the youth may need reconsideration.

Be that as it may, it's evident that AI has integrated itself deeply within the framework of our personal, educational, and professional lives and that it's here to stay for the foreseeable future. And just like any other innovation, it has a place in technological development, although a more regulated approach is necessary.

While it may be tempting to ask AI to write your lab report for you or code you something fundamental that you obviously can do but don't want to bother with, or even create a cute animated photograph of you and your friends, it may be best to step back and think about the broader implications of AI usage. You may also find it exhausting to talk about a situation with a friend that might receive mixed reactions, and the sweet reassurances of your AI chatbot might appear to be a more welcome social interaction, but think about whether your interpersonal communication skills are worse off for it.

Tasneem Huq Azad, a student currently pursuing medicine at Saba University School of Medicine, opines regarding the tendency people have of using AI for personal advice: "AI often helps people who use it like a personal therapist in what we call collusion, which just coddles them instead of confronting them with behaviour that needs change, which adds to the 'self' population mindset that people have because of the internet as is."

But Azad believes AI has a place in healthcare most of all. "Aside from early detection, it can be used as a teaching tool in radiology, histology, and pathology, she says. "Even in therapy, it can be used for notetaking and generating patient notes, which may relieve loads on doctors. As medical students, AI can help us study databases with cross-checked, verified label images so we can practise it and tell if we're right, give us tips for pattern recognition, generate questions, etc."

Then comes the ethical consideration. AI, while making lives easier, has created windows of misuse while significantly affecting the environment negatively. Not to mention, AI is also on its way to creating over-reliance, which not only hinders learning abilities but also dulls existing capabilities.

This isn't to say you shouldn't use AI at all; it's a powerful tool that we should be making proper use of for our own betterment. A very simple example would be that instead of asking AI to generate a 1000-word essay due tomorrow, you may ask it to offer a study plan tailored to your learning style that may help you absorb your topic before you get to work, preferably a while before the deadline. Not only does this save you from losing your critical thinking skills over time, but it also saves you the embarrassment of turning in terrible work, because artificial intelligence is far from flawless. AI might be able to generate a 3000-word essay on Macbeth, but there's a solid chance your chatbot assistant might label it the greatest love story ever written.